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**GAGA FOR
THE GAMES**
HALIFAX SETS RECORD
FOR TICKET SALES {page 5}



**AUTHOR
JESSE TO PEN
MEMOIR OF
MARRIAGE** {page 12}



HALIFAX

metro®

Thursday, February 24, 2011
www.metronews.ca



News worth sharing.

Pinned. By a champ



► Bridgewater's Whitney Lohnes gets the upper hand on Saskatchewan's Sydney Poliakiwski during their judo under 48 kilogram match at Saint Mary's University. Lohnes won the match and went on to win gold against Manitoba's Lorena Kaegi later in the day. Port Hawkesbury's Dylan Landry also won gold for Nova Scotia in the male under 60 kilogram class. More Games coverage, pages 18 and 20.

RYAN TAPLIN/METRO

'A great struggle for freedom'

► Dozens denounce Gadhafi regime at afternoon demonstration ► Halifax MP Megan Leslie and Coun. Jennifer Watts among those in attendance



**PHILIP
CROUCHER**
@METRONWS.CA

The message was loud and it was clear.

About 100 people demonstrated at Victoria Park in Halifax yesterday to show support for those fighting for democracy in Libya and calling for the immediate removal of dictator Moammar Gadhafi as leader.

"This is not about a political game. This is not about a terrorist act. This is purely about people having enough of his regime and his government," said protest organizer Mohamad Alzrighe, who moved to Halifax from Libya 11 years ago.

People of all ages — and from different parts of the world — joined with members of the Halifax Libyan community on what was a bitterly cold afternoon. Many held signs and shouted repeatedly against Gadhafi's rule and his bloody crackdown against protesters.

"I feel the people of Libya are putting up a great struggle for freedom and democracy against the crimes that Gadhafi is (committing) against them," said Dr. Ismail Zayid, a retired Dalhousie University



► A man holds a sign at yesterday's protest.

PHILIP CROUCHER/METRO

professor who is originally from Palestine.

Zayid now serves as president of the Arab Canadian Association of the Atlantic Provinces.

"It's intolerable that this should be allowed to go on, and governments of the world are virtually silent. Action is required to correct this crime."

Alzrighe estimated about 500 people make up the Libyan community in Halifax.

"It's not very much but enough for us to come out and say our word," he said.

Nova Scotia wins two golds in judo

Dance party remix

DJ NoLuv keeps Halifax's vibe pumping {page 11}

Man stabbed multiple times

Victim suffering from life-threatening injuries {page 3}

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Jazz. Hands



► Performers with Dance Zone appear on the stage at Celebration Square during a lunch-hour show yesterday for the Canada Winter Games.

RYAN TAPLIN/METRO

Winter Games deliver song and dance entertainment daily

Kidzact will be on stage today at noon, with Buck 65 and Rich Aucoin appearing in the evening concert starting at 7 p.m.

Act with caution on citizens arrest: Cop

► Federal Conservatives table act to clarify personal protection, citizen's arrest ► Justice minister says revisions must be made ► Police insist calling cops best course of action



ALEX BOUTILIER
@METRONEWS.CA

Proposed changes to citizen's arrest and protection of property legislation has one Halifax Regional Police official urging caution.

Deputy Chief Chris McNeil said yesterday he welcomes the changes, but stresses they are minor in nature.

"We welcome any efforts in the Criminal Code to clarify the law and the provisions around use of force and defence of property," he said. "We also encouraged (Federal Justice Minister Rob Nichol-

son) to encourage the public prudence. This is a modest extension of the law when it comes to citizens' power to arrest."

MacNeil said the Criminal Code is complex, and suggested the most appropriate course of action is to immediately call police.

"Common sense has to apply, and the first part of common sense is that you ... call the police," said McNeil. "(But) sometimes citizens find themselves in circumstances they can't avoid, and we respect the law should protect them when they do."

MacNeil was speaking after a roundtable dis-

"(Citizen's arrests) are not matters that people should engage in without some caution, not only in ... the physical (aspect) and violence associated with this, but there are legal consequences

cussion in Halifax with Nicholson, other law enforcement representatives, and business organizations.



► Chris McNeil

both criminal and civil for making a mistake."

HRP DEPUTY CHIEF CHRIS MCNEIL

The Citizens Arrest and Self-Defence Act originated, in part, in the case of David Chen, a Toronto grocer who was charged

with assault and confinement after detaining a shoplifter until police arrived.

Chen was acquitted of all wrongdoing.

Some critics of the act worry it may open the door for vigilantism, but Nicholson said the revisions were necessary.

"I have been told by law enforcement agencies that there are challenges with the existing wording within the Criminal Code, and it has to be clarified," he said. "Particularly with respect to the self-defence provisions and the protection of property ... I think this sends out the right message."

1
news



News on the move

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The Tories aren't the first government to think they own the truth, and they won't be the last.
More at metronews.ca/spinductor

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Documentary confirms your suspicions: Raccoons are wicked smart. Scan the code for the story.

News in brief

Fewer parking tickets issued

WINTER GAMES. Overnight winter parking ban tickets were still issued during the first week of the Canada Winter Games, but they were fewer than the same week last year.

● METRO

Jewelry, cash box stolen

ARMED ROBBERY. The New Penny Coin Shop in Dartmouth was robbed by two men last night.

Halifax Regional Police say the men entered the store on Woodlawn Road around 6 p.m., with one using a handgun while the other attempted to strike the clerk in the hand with. ● METRO

Man rushed to hospital with multiple stab wounds

Police were investigating a stabbing last night in Fairview that sent a man to hospital with life-threatening injuries.

Halifax Regional Police spokesman Const. Brian Palmeter said officers responded to a disturbance in an apartment building on Titus Avenue and found

a 55-year-old man suffering from multiple stab wounds. He was rushed to hospital by paramedics.

"At this time, there have been no arrests and the investigation is in the early stages," Palmeter said late last evening.

"We are trying to determine what took place."

Palmeter said it's believed the stabbing took place inside the building, but wasn't clear as to where.

He said investigators were in the "canvassing stage" last night, and were looking for any potential witnesses.

● PHILIP CROUCHER

Grits demand 'comprehensive' review of HST

The Nova Scotia Liberals are calling on the province to produce a report on the effects of last year's one per cent HST increase.

Liberal Leader Stephen McNeil accused the government of "cherry picking" statistics to show the hike had little or no effect on consumer spending.

"(The government) has shown us no justification and basis for why they made (the decision to increase HST)," said McNeil yesterday.

McNeil wants the government to undertake a "comprehensive review" of Nova Scotia's tax regime, which he says has rendered the province uncompetitive.

"Whether you're looking at corporate tax, small business tax, personal income



tax — the list goes on," he said.

"We need to look at the tax system in its totality, looking at what changes, how (do they) affect different parts of the system, recognizing government needs money, but what changes can we make that will create an economic benefit and grow the econo-

my as opposed to changes that will actually stall it."

By way of response, deputy premier Frank Corbett pointed to recently released numbers from Statistics Canada that show Nova Scotia's annual retail sales grew by five per cent in 2010, well ahead of the budgeted projection of 3.1 per cent.

Retail sales reached \$12.7 million in 2010, up from \$12.1 million the year before. The growth lags behind the national average, but only by 0.1 per cent.

A finance department spokeswoman also noted that, of the 10 provinces, Nova Scotia ranked fourth in 2010 retail growth.

Finance Minister Graham Steele was travelling and could not be reached yesterday. ● ALEX BOUTILIER

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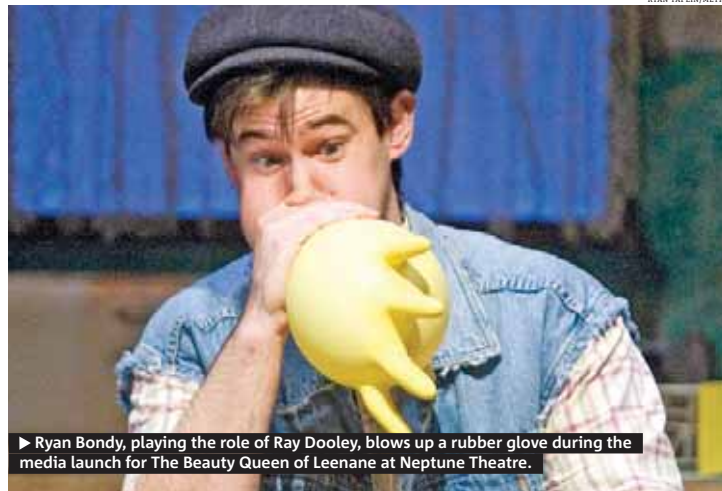
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► Ryan Bondy, playing the role of Ray Dooley, blows up a rubber glove during the media launch for *The Beauty Queen of Leenane* at Neptune Theatre.

Director, actor gush over new play at Neptune

► Play premiered in 1996 in Ireland and has since enjoyed runs on Broadway and London's West End



SHELBY
MCDONALD
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Fresh and edgy with dark humour.

That's how director Rosemary Dunsmore describes her play *The Beauty Queen of Leenane*, which is premiering tomorrow night at Neptune Theatre. "It is a wickedly funny black comedy," Dunsmore said.

"Anyone who loves the theatre, (will agree) it's an extremely well-made play."

The show is described as a fusion — of horror, tragedy and humour — that should stand out to the audience.

Based in an Irish village in the early 1990s, it cen-

Thing of beauty

The Beauty Queen of Leenane is on stage tomorrow through March 20 at Neptune Theatre's Fountain Hall.

► For ticket information and show times, visit neptunetheatre.com.

tres itself on the life of a 40-year-old woman who for the past 20 years has been taking care of her selfish mother. When the daughter finds time to escape for love, her mother has other ideas.

Acts of betrayal, deception and tragedy ensue.

Laura de Carteret plays

the role of the daughter. She said Neptune Theatre hasn't had a play quite like this one.

"It might be a bit of a risk for them, which is always a fantastic thing in the theatre," de Carteret said at this week's media launch. "This is a play that really is an excellent opportunity for people who want to revisit what theatre can possibly do."

"It's a very visceral experience."

De Carteret also said the audience will feel plenty of emotions when watching the performance.

"You'll laugh a lot, and scream a lot," she said. "But you'll definitely be talking a lot too."

CRIME

Teens in custody following muggings

Police have arrested four male teens in relation to two robberies in Clayton Park on Tuesday.

Halifax Regional Police say at 9:30 p.m. a man was approached by several males on Willett Street and Harlington Crescent. He was asked for some marijuana,

then assaulted before having his wallet stolen.

About an hour later, a similar incident took place at Lacewood Drive and Caxton Close, with the victim approached by several males and sprayed with pepper spray.

Anthony Wayne Pitts of Halifax is facing several charges relating to the second incident, including attempted robbery, assault with a weapon and administering a noxious thing.

Two 17-year-olds and a 16-year-old have also been arrested with charges expected.

● METRO

First Nation owes \$3.2M to feds

A Nova Scotia First Nation has been hit with a \$3.2-million federal tax bill that the chief says will take up to 30 years to pay off.

The CBC reported yesterday the 186-member Waycobah reserve in Cape Breton is being dinged for taxes it should have collected from non-natives who bought gas, tobacco and other products on the reserve.

THE CANADIAN PRESS

Record ticket sales at Games

► Several events coming up already sold out, such as women's gold-medal hockey and men's curling final ► Tickets available for closing ceremonies



► Nova Scotia fans get in the spirit last week at a curling match at the Mayflower Curling Club in Halifax.



JENNIFER
TAPLIN
@METRONEWS.CA

Another big record has been broken at the Canada Winter Games: overall ticket sales.

With four days to go, Halifax has already beaten the previous record set in the 2001 Games in London, Ont., which generated \$1 million in ticket sales.

"We're just over \$1 million and getting very close to our ticketing target of \$1.015 million," said Chris Morrissey, Games CEO, yesterday.

"We knew we could achieve \$1 million but meeting it this early before the Games have concluded

well positions us to make sure we're a financial success."

The men's hockey gold-medal game on Friday set its own record, with 8,500 tickets sold, and that's without even having the home team in the final.

Curling and hockey are a given, but there are some sports that had larger than expected crowds.

Crowds were so large for artistic gymnastics at the Canada Games Centre last week that staff had to close the doors and let in newcomers only when others left the venue. Table tennis, archery, synchronized swimming are all drawing good sized crowds, too.



"I think everybody is trying to take in as much as possible because the next time this thing comes around may not be for another 24 years."

CHRIS MORRISSEY, GAMES CEO

"At Cole Harbour Place for ringette we were at capacity for some events, especially when Nova Scotia

played and the gold medal game," Morrissey said.

He attributes the stellar attendance to community support and great venues — many of them free — such as the oval and Celebration Square. Estimates for the Great Big Sea show on Saturday suggest there were 12,000 to 15,000 people in attendance.

"People have certainly appreciated that there's lots to see and do and they want to take in as much as possible," he said, adding the attention on amateur sport right now has never been better.

A final figure on overall attendance is expected at the end of the Games.

Search continues for missing woman

The search continues for a 57-year-old Cumberland County woman who disappeared in early October.

Katherine Cora McNeil was last spotted leaving the emergency department at the Cumberland Regional Health Care Centre at 9:15 a.m. on Oct. 4.

"We have not had any

contact with her since the day she left the hospital and it has been almost five months since that," RCMP Const. Dal Hutchinson said.

"We've been checking bank accounts and following up on any leads that come in, but there's nothing concrete at this time."

AMHERST DAILY NEWS



► Katherine Cora McNeil

Bragg spreads to Bermuda

The Bragg Group, parent company of East-Link, is buying a telecommunications company in Bermuda.

The Nova Scotia company announced yesterday the purchase of Cable and Wireless (Bermuda) Holdings Ltd.

THE CANADIAN PRESS

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News in brief



► Seif al-Islam Gadhafi

Gadhafi's son takes a hit

LIBYA. According to secret diplomatic cables released yesterday by WikiLeaks, Moammar Gadhafi's son Seif al-Islam Gadhafi cultivated a respectable image and had locals rallying for him to be heir-apparent. until earlier this week when he went on TV to threaten anti-government protesters with civil war if they persisted.

The cables reveal Gadhafi's children were increasingly engaged in covering up scandals.

THE ASSOCIATED PRESS

Saudi leaders buy loyalty

SAUDI ARABIA. The government of Saudi Arabia tried to get ahead of potential unrest in the oil-rich country yesterday by announcing an unprecedented economic package that will provide Saudis interest-free home loans, unemployment assistance and sweeping debt forgiveness.

THE ASSOCIATED PRESS

Chemical fears put to rest

LIBYA. Moammar Gadhafi is keeping his word to destroy his chemical stockpile and has no weapon to deliver a chemical payload, a UN watchdog group said yesterday.

Fears that the regime will use chemical or biological weapons are rampant among protesters.

But the Organization for the Prohibition of Chemical Weapons indicated the use of chemical weapons was unlikely.

THE ASSOCIATED PRESS

Foreign citizens flee unrest in Libya

► Thousands evacuated in ships, planes amid deadly protests

Foreigners fled the chaos in Libya by the thousands yesterday, with Americans and Turks climbing aboard ships, Europeans boarding evacuation flights and North Africans racing to border crossings in overcrowded vans.

Two Turkish ships whisked 3,000 citizens away from the unrest engulfing Libya as Turkey cranked up its largest-ever evacuation, seeking to protect an estimated 25,000 Turkish workers in Libya.

Hundreds of Americans

boarded a ferry at Tripoli's As-shahab port for the journey to Malta, an island south of Italy.

Over a dozen countries sent planes in to help their citizens escape an increasingly unstable situation.

Moammar Gadhafi has urged his supporters to strike back against pro-democracy protesters, escalating a crackdown that has led to widespread shooting in the streets. Nearly 300 people have been killed.

THE ASSOCIATED PRESS



► Hundreds of Turkish citizens in Libya wait to board a ship.

Canadians evacuated from Tripoli

A boatload of Canadians have been evacuated from Tripoli, Libya.

Meanwhile, a spokeswoman for Foreign Affairs Minister Lawrence Cannon

said final arrangements have been made for an evacuation flight for Cana-

dians today. The flight will take them to Rome.

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Court upholds sentencing law

A key plank in the federal Conservatives' law-and-order agenda survived a constitutional challenge yesterday as an Ontario judge ruled the government's sentencing law is valid.

The Truth in Sentencing Act, which came into effect last year, did away with the two-for-one credit that offenders received for time served before their sentence.

Instead, judges must limit credit to one for one, or if circumstances justify it, up to a maximum of 1½

Time served

Two-for-one credit had generally been applied to reflect that remand facilities are harsher environments than correctional facilities and lack rehabilitation programs.

days credit.

Lawyers for a man who pleaded guilty to cocaine trafficking argued the law was unconstitutional because it infringes on charter rights to liberty.

THE CANADIAN PRESS

Snake on a train is a costly pain

A woman whose three-foot-long snake slithered away from her in a Boston subway car and hid there for nearly a month has gotten a hefty cleaning bill.

Transit officials want resident Melissa Moorhouse of Aliston, Mass., to pay \$650 to cover the costs of disinfecting and sanitizing the Red Line train to protect passengers from germs such as salmonella that

may have been left by a boa constrictor named Penelope.

Moorhouse had travelled with the snake around her neck and lost it between stations on Jan. 6. The snake was spotted on the train earlier this month by a commuter.

The Boston Globe reported Tuesday the Massachusetts Bay Transportation Authority says some subway riders wrote in with health concerns.

Moorhouse says she'll pay more attention the next time she takes the snake out in public.

THE ASSOCIATED PRESS

Crews keep searching for quake victims

► Hundreds missing in one of New Zealand's biggest cities ► Damage estimated to be in the billions

Donna Manning's daughter Lizzy, 18, and 15-year-old brother Kent sat huddled yesterday, staring at the smouldering remains of the office tower that collapsed with their mother inside.

They hadn't heard from her since a powerful earthquake tore through one of New Zealand's largest cities a day earlier, killing at least 76 people and leaving nearly 300 missing in the rubble.

A police officer approached and gently broke the news that their mother was presumed dead along with everyone else trapped inside the building.

It was a dark moment

Aftermath

Christchurch, New Zealand was hit Tuesday with a 6.3-magnitude earthquake.

► Repeat rumble

It was the second powerful quake to hit the city in five months.

► Ice breaker

The quake shook off a chunk of the country's biggest glacier some 190 kilometres to the east

that was repeated many times over yesterday as rescuers searched for any signs of life in the twisted

rubble of Christchurch. Prime Minister John Key declared the quake a national disaster and analysts estimated its cost at up to \$12 billion.

Hundreds of troops, police and emergency workers raced against time and aftershocks that threatened to collapse more buildings. They picked through the ruins, poking heat-seeking cameras into gaps between tumbles of bricks and sending sniffer dogs over concrete slabs.

Teams rushed to help repair power, water and phone lines that were damaged in the city of some 350,000 people.

THE ASSOCIATED PRESS

Beached. Whale



► Keith Wilkins, right, helps a rescuer keep a 12-foot adult pygmy sperm whale stabilized.

JENNIFER REYNOLDS/THE GALVESTON COUNTY DAILY NEWS/THE ASSOCIATED PRESS

Life's a beach for wayward whale

Keith Wilkins and his daughter Allison, of Forney, Texas, discovered the beached whale during a walk on the beach in Galveston, Texas, yesterday. Staff with the Texas Marine Mammal Stranding Network took the whale to the National Oceanic and Atmospheric Administration facility on the island.

Mom finds tot petting gator

After floodwaters receded from her home, a Brazilian woman was shocked to find a most unwelcome house guest: a five-foot alligator lying tamely in the living room as her three-year-old son petted the reptile's head.

The animal apparently was washed inside by the high water Monday night,

said Luiz Claudio Farias, a captain of firefighters in the north-central city of Parauapebas.

When the woman went to clean up the following day, she saw the boy playing with something behind the couch, Farias said.

It turned out to be a gator.

"She snatched the boy away and called us," he said.

Farias said it was lucky the reptile apparently wasn't in the mood for a meal.

"If he was hungry, he could have seriously hurt or even killed the boy," he said.

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News in brief



Canadian Tire returns to web

ONLINE. Canadian Tire will resume selling products online this year starting with tires. The retailer had withdrawn from e-commerce saying customers were well served by its stores. The news came on the same day European-based Tire and Co. said it will begin selling tires online in Canada.

TORSTAR NEWS SERVICE

Pay hike for TD boss

RECOVERY. The chief executive of TD Bank Group got an eight per cent raise last year, returning his salary to above pre-recession levels. Ed Clark

earned \$11.3 million in compensation in 2010, up from \$10.5 million the year before. TD says robust performance in its retail business helped bring about a strong recovery in 2010.

THE CANADIAN PRESS

iPad – the next generation

APPLE. Apple Inc. is expected to unveil the second-generation iPad in San Francisco next week. The event on March 2 is nearly a year to the day after the first iPad went on sale. Apple updates most of its products once a year.

THE ASSOCIATED PRESS

Joe Fresh takes Manhattan

NEW YORK. Joe Fresh will open its first U.S. store this fall on New York City's Fifth Avenue, says Loblaw Cos. Ltd. It's the newest location in the expansion of the label, which is available primarily in Loblaw stores. The first standalone Joe Fresh store opened last fall in Vancouver.

THE CANADIAN PRESS

Oil shock may stall recovery

► If energy costs rise, people will have less money for other spending that creates jobs, economists say

Political crisis in the Middle East and the resulting spike in oil prices is a new and potentially serious risk to the fragile global economic recovery, economists believe.

Already troubled by a sharp rise in food prices, analysts are warning that the recovery could be stalled if oil prices rocket past \$100 US a barrel and stay there for months.

They note that high oil prices have been a feature in the past three recessions, including the last one when oil hit more than \$140 US months before the collapse.

For Canada, such an event would be both a blessing and curse, bringing greater prosperity to oil-exporting regions such as Alberta, and greater misery to manufacturing hubs



► Despite soaring oil prices, analysts say the cost to fill up should remain stable because gasoline in Canada is made from crude produced within our own borders.

PAUL CHIASSON/THE CANADIAN PRESS

Ontario and Quebec.

The key issue is not so much how high oil will go, but how long it will stay high. "If we see a situation where oil remains over \$100 for a number of months, that will definitely have an impact on con-

sumer spending, consumer confidence," said Benjamin Tal, a senior economist with CIBC World Markets.

"Some might say a recession. I don't think so, but it will definitely slow down the economy."

THE CANADIAN PRESS

Black gold

The price of oil briefly surged to \$101.01 US a barrel yesterday before backing off to \$98.10 US. It was the first time oil surpassed the \$100 threshold since the recession hit in October 2008.

Trade Minister Peter Van Loan says Ottawa is watching the situation "carefully," but notes Canada is one of the world's most stable and reliable sources of energy and is well positioned to benefit from these resources.

Market moment

TSX	Dollar
- 7.49	+ 0.23¢
13,956.19	(101.15¢ US)
Oil	Natural gas
	1,000 cu ft
+ \$2.68 US	\$3.936 US
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JANISZKA WISNIEWSKA/REUTERS

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Smartphone users turn to 'web apps'

The boom in mobile apps and the ever-expanding variety of smartphones that use them has some tech watchers predicting that the app bubble will soon burst, as mobile content moves away from propri-

etary programs and back on to the web, where it can be viewed on almost any device.

The problem is compatibility: What works on Android doesn't work on BlackBerry or iPhone, so

apps can't be switched from one gadget to another.

Developers are increasingly turning to "web apps," which are websites that use the latest web standards — known as HTML 5 — to allow for a rich user

experience that looks and feels like a traditional app.

"It has changed for the good," says Peter-Paul Koch, a mobile consultant in Amsterdam. "People have started to see that HTML 5 apps are a good al-

ternative to native apps."

Developers are experimenting with how to charge for web apps. Koch says they will likely put a fee on content, rather than the apps themselves.

THE CANADIAN PRESS

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DEPRESSION IS NO LAUGHING MATTER

He says ...

JOHN MAZEROLLE



I think it's important to fight depression — not only to help people, but also to save us from cryptic status updates with sad song lyrics in them.

I've been there. You're convinced life is hopeless, and before long you're telling your Facebook friends that all we are is dust in the wind.

This does no good to you or your friends because some will be annoyed that you've gone emo, while others will miss your mood altogether and start a thread with comments saying, "DUDE!!! I LOVE THAT SONG!!!"

For the previous three years, I was depressed — not the kind of depression you get when you spill coffee on your laptop and

sigh a lot, nor the kind where you lose a promising relationship and have a long talk with Alexander Keith.

No, it was the kind of depression where you find life big and painful and decide you should just stay in bed until there's peace in the Middle East.

At one point I literally stayed in bed for a month, save for breaks to take a shower. I was such a drag the bedbugs said, "All right, we're out of here."

I'm better now, though I still see a therapist. I've seen a few in

the last three years — starting with a guy who cocked his eyebrow like a Vulcan when I said I worked in comedy. If it had

"Comedians are like country singers. If we were 100 per cent happy, we'd lose our ability to write anything. But I still wanted to be, say, 75 per cent happy ..."

wanted to be, say, 75 per cent happy, so I mustered enough energy to find a friend and a job, and that nascent support system

grew on its own till I felt lifted up.

Feeling better about myself, I forwent the cryptic status update recently and wrote on Facebook directly: I had been depressed, had hated myself, had gotten help, and if you feel the same way, you should get help, too.

And, much to my amazement, people did.

So, with a (hopefully) wider audience, let me say it again: If you're depressed, there is nothing to be ashamed of, any more than you would be ashamed of a broken arm. Seek help.

After all, if Facebook can be a practical force for good, there's hope for everything.

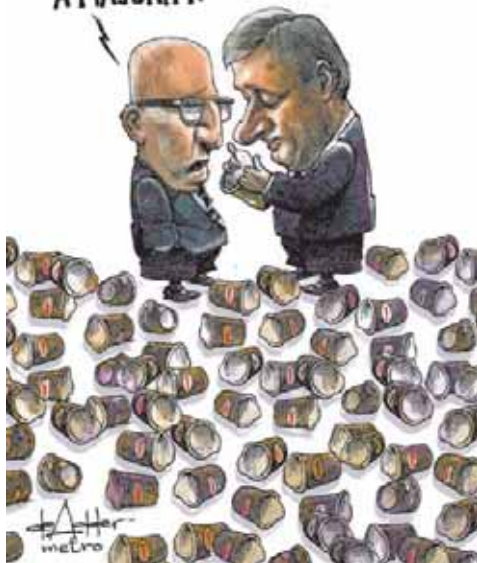


Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

'ROLL UP THE RIM' RETURNS:

YOU SEEM DESPERATE TO WIN A MAJORITY.



MICHAEL DE ADDER

For shooting state bird

Worth mentioning

Arizona, where a gunman killed six people last month, is moving to proclaim a state gun.

The state Senate appropriations committee voted 9-4 early yesterday to go ahead with the bill, which has 43 sponsors, the Associated Press reported.

In a state already criticized for lax gun laws, the legislators want to honour the 19th-century Colt Single Action Army revolver because it was instrumental in "settling the Arizona Territory."

On Tuesday, new photographs were released of Jared Loughner, who is accused of opening fire at a community event Jan. 8,

Happiness is a warm gun



killing six people and injuring others, including Congresswoman Gabrielle Giffords, who is recovering from a bullet to her head.

The bill notes Arizona already has a state fossil (petrified wood); a state bird (the cactus wren); a state flower (the pure white waxy flower of the Saguaro cactus); a state

tree (the Palo Verde); state neckwear (the Bola tie); a state gemstone (turquoise); state animals (the ringtail, the Arizona ridgenose rattlesnake, the Arizona trout and the Arizona tree frog); a state insect (the two-tailed swallowtail butterfly); and a state nickname (the Grand Canyon State).

TORSTAR NEWS SERVICE

What's your long-term goal?

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Metro Minute with Buck 65

Canadian alternative hip-hop star Buck 65 will have Celebration Square a bouncin' tonight as he takes the stage in the latest big-name act for the Canada Winter Games.

The outdoor concert series is running throughout the games, which each show starting at 7 p.m. at Grand Parade in downtown Halifax. Opening for

Buck 65 is Rich Aucoin.

This is the third-to-last nighttime concert at Celebration Square as the games wrap up this weekend. The final two headliners are Radio Radio on Friday and City And Colour on Saturday.

Kidzact is performing at Celebration Square today as part of the noontime series. ● METRO



► Buck 65 will perform at Celebration Square tonight.

2 scene

Scene in brief



Alyssa Milano is becoming a mom. A spokeswoman for Milano says the 38-year-old actress is expecting her first child with husband David Bugliari.

Milano confirmed the news on Twitter Tuesday, writing that she "couldn't be happier."

She and Bugliari, who is an agent with Creative Artists Agency, were married in August 2009.

Milano starred in TV's *Who's the Boss?* and *Charmed*. She can next be seen in the movie *Hall Pass*, in theatres Friday.

THE ASSOCIATED PRESS



► DJ NoLuv mashes up songs for the drive home at Z103 each weekday starting at 5 p.m.

A great DJ keeps the vibe pumping

► DJ NoLuv knows what it takes to keep people grooving on the dance floor ► Technology has made it easier for amateurs to enter the profession

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



To keep me on a dance floor past bedtime, certain stars must align — most importantly a mix of tunes that won't send me on a search for a seat or an exit.

For a lesson on what

keeps a dance floor happy, I sought out the expert opinion of Halifax's club veteran, Jeremy Slattery, known to many as DJ NoLuv.

"If you go to any bar you can watch the DJ control the vibe of the dance floor and that's something you need to be able to do," he told me during a recent chat at Z103 headquarters, where Slattery is the assistant program director and music director.

"The bad guys aren't matching their tracks and

it's painfully obvious to anyone who has ears," he said.

Having ears, I agree there is a clear distinction between the good and the bad in the DJ world.

Unfortunately, like the rest of the music world, accessibility to technological wonders such as iTunes has put a damper on the once exclusivity of the DJ profession.

"Everybody and their mom is a DJ now," he said.

I pictured my mom replacing DJ NoLuv on Friday

nights at Reflections, giggled, and tuned back in.

"It used to be that only the DJs would have the radio edits and remixes but now you can buy everything you need to be a club DJ," he said.

Steve Jobs has indeed tarnished the profession on all levels however without talent, you can be easily replaced with an iPod.

For those looking to last in this business, the advice is simple: Be yourself, practice and listen to your crowd.

Stepping stone

► DJ. For Halifax-native DJ Adam Adler, the local DJ scene served as a useful stepping stool. "I made great friends in the beginning, many of whom introduced me to the right people," he told me. Adler, of Metro Housing Authority, started dabbling with turntables as a teenager, DJing house parties and small local venues. Adler will put that drive to the test in Miami when he joins close to 2,000 artists to perform at the 26th annual Winter Music Conference, March 8 to 12.

Brown allowed to see, talk to Rihanna, court says

Chris Brown doesn't have to stay away from Rihanna anymore after a judge on Tuesday downgraded a restraining order in the singer's felony assault case.

Superior Court Judge Patricia Schnegg's ruling came after an attorney for Rihanna said she didn't object to removing the stay-away provisions of an order issued after Brown pleaded guilty to beating her in February 2009. The old order required Brown to stay 50

yards away from Rihanna, but the restriction was reduced to 10 yards if they were at a music-industry event.

The judge said she never would have considered relaxing the order without Rihanna's consent and until Brown completed domestic violence counselling. Prosecutors did not object to the change.

Schnegg praised Brown, who was in the court Tuesday and left holding a one-



► Chris Brown

page copy of the new order. She noted he continues to make progress on completing the physical labour requirements of his probation and said the R&B singer does not have to attend a June 22 progress report hearing. The new order remains in effect until August 2014 when Brown's probation is scheduled to end.

He and Rihanna, 23, can now see and speak to each other. But if Brown harasses, threatens, assaults, or

tracks his ex-girlfriend's movements, he could be found to be in violation of his probation.

Rihanna, whose real name is Robyn Fenty, can record any threatening conversations with Brown and present them as evidence to authorities.

Brown, 21, was charged with felony assault for the February 2009 fight in which he repeatedly struck Rihanna.

THE ASSOCIATED PRESS



Flashpoint, *Less Than Kind*, *Barney's Version* vie for screenwriting awards



► Community airs Thursday nights on Citytv. This was from the animated episode this season.

Odd community

► Producers continuing to take risks ► On this week's show, the cast getting a visit from U.S. vice-president



IAN JOHNSTON
SCENE@METRONWS.CA

Things have been getting weird on Community this season. Zombies. Animation. Barenaked Ladies bashing. And don't forget the lesbian make-outs. What's going on with the sophomore sitcom?

"A lot of it is (creator) Dan Harmon and our writers and producers really just continuing to take great risks," says Alison Brie, who plays the naïve, sweet Annie on the college-set comedy.

"And it was us (actors) going forward gung-ho. Dan started to realize that we were willing to do anything he would put in front of us."

Anything includes a recent near-kiss between Brie's character and Britta

(played by Gillian Jacobs). "It wasn't in the script. We just sort of improvised it. And everyone behind the camera was like — yes! It was clearly a bunch of dudes," says Brie.

"It's nice to know that everyone was in support of us getting really incestuous," adds Danny Pudi, who plays Community's pop culture junkie Abed.

For Pudi, the show's second season has been all about finding their characters.

"It's natural that the more you discover each other — where they come from, their lives — the more complicated things get," he says.

"That, by the way, was very similar to my sophomore year in college."

On this week's episode, airing Thursday, the cast cope with the imminent

arrival of the U.S. vice-president.

There's also a student election faceoff between Jeff (Joel McHale) and Annie, who comes off a bit more ruthless than you'd expect.

"Oh, she has heart, but she's driven. She definitely has the cut-throat attitude. There's a lot of Hillary Clinton in what Annie is doing. And some Bill Clinton in what Jeff does," says Brie.

"And I play Chelsea Clinton," claims Pudi though, in truth, the episode finds Abed in an encounter with a secret service agent.

"Abed has these side adventures — this other secret life. People are always like, 'What have you been doing this episode? Delivering a baby?'"

Community airs Thursday nights on Citytv.

Community

The lowdown on Community and its characters.

► The premise The series is

about a group of students at a community college in Colorado. The series heavily uses meta-humour and pop culture references, often parodying TV clichés

► Cast of characters: Joel McHale, Gillian Jacobs, Danny Pudi, Yvette Nicole Brown, Alison Brie, Donald Glover, Ken Jeong, Chevy Chase

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Jesse James to pen marriage memoirs

► **Former husband to Sandra Bullock insists there is a story to be told**

Jesse James has signed a deal with Simon & Schuster to publish a tell-all memoir about the demise of his marriage to Sandra Bullock, according to Popeater.

"Jesse has made it clear to his publisher that he has a story that has not been told yet," a source says. "He wants to reveal to America once and for all that you can't blame one person when a marriage falls apart. It takes two people to make a marriage and two people to destroy one."

James' marriage collapsed after it was discovered he'd been cheating on the Oscar-winning actress.

"He's not looking to blame the victim," the source says. ● METRO



► Jesse James says it takes two to destroy a marriage.

ALL PHOTOS GETTY IMAGES

Talking points

Bill Ray says he will make things right

FAMILY. Billy Ray Cyrus is recovering from a week of bad publicity and is looking to put things right with his daughter, he tells People magazine.

"It is all a learning process, and we thank everyone for their support and respect of our privacy as we sort through very important family issues," he says. "It is very important to me to work on mending my family right now."

The singer initially upset daughter Miley Cyrus with a GQ interview during which he said he was "scared for her" and blamed her show, Hannah Montana, for the breakup of his family. Billy Ray was also set to appear on the View this week until Miley put a stop to it.

● METRO

Celebrity tweets



Bob Saget
[@bobsaget]

If a woman throws a glass of water in your face, it is not an insult... as long as your face was on fire.



Jessica Alba
[@jessica-alba]

Nap time for Honor & me. Sooo tired. ● METRO

Lovato back with Wilmer

RELATIONSHIPS. Fresh out of treatment for "emotional and physical issues," Demi Lovato has found a new source of support in former flame and That 70s Show star Wilmer Valderrama, according to Hollyscoop. The pair has been spotted several times over the last couple of weeks getting cosy, going to the movies and grocery shopping together.

● METRO

Lainey's Oscar file

BEST ACTRESS: MICHELLE WILLIAMS

BLUE VALENTINE

Single mother Williams often reads to her daughter, Matilda, in different accents according to the roles she's preparing for in upcoming projects.

She used a Boston accent while working on Shutter Island and even read to Matilda as Marilyn

Monroe when she recently played the icon in her next film My Week With Marilyn.



LAINHEY, ETALK CORRESPONDENT AND AUTHOR OF LAINEYGOSSIP.COM



► Michelle Williams

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV. CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV (6:30 P.M. ET), /A/ (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT CTV.CA FOR LOCAL BROADCAST DETAILS. CTV COVERS THE OSCARS FROM EVERY ANGLE, BRINGING VIEWERS MORE THAN 15 HOURS OF OSCARS ACTION ACROSS CTV, E! AND /A/.

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LFW'S MOST INNOVATIVE

► British catwalks were invaded this February as London Fashion Week swept through the Square Mile
► Take in four fashionista favourites

calling!

3

life

CHRISTOPHER KANE

Plastic dresses

► Christopher Kane pushed boundaries by creating leather tops dyed and printed to mimic the crocheted knit skirts and cardigans they were worn with. But the real standouts were his dresses and clutch purses made out of plastic filled with squishy technicolor liquid. He also used it as decorative accents on tailored trousers and at the neckline on knit dresses.



GETTY IMAGES

CHRISTOPHER BAILEY

Plastic capes

► Under a shower of real snow, Christopher Bailey sent models down the runway in clear, cropped plastic capes with pert, black trim as the grande finale to his '60s inspired show. They were not only chic, but practical, letting you show off your outfit while staying dry. ● METRO

IAN GAVAN/GETTY IMAGES



► A Christopher Kane design.

VIVIENNE WESTWOOD RED LABEL

Held in the Royal Courts of Justice, Vivienne Westwood's punky show featured her mad sense of draping with a wild mix of plaids, pinstripes and colourblocking. But look hard enough at her densely layered ensembles and you'll see some of the most wearable pieces she's shown in quite some time: tailored wide leg trousers for the business meetings, a sexy, off-the-shoulder gold brocade dress for that cocktail gathering and a belted, faux-fur collared cardigan for those Saturdays at the market.

● KENYA HUNT



GETTY IMAGES

ACNE

"I am fascinated with the girls in my design studio," said Acne founder Jonny Johansson on his inspiration for his autumn/winter 2011 collection. "My girls are glamorous, but not rich — they are cool." Acne took ideas that sounded over-the-top on paper — gold and silver colour blocked leather trousers, for instance — and rendered them in an understated, clean and modern way. These were luxurious, but unassuming clothes that you can work in from the dusty rose slouchy leather jumpsuits to his goldenrod tailored wool coats.

● KENYA HUNT



GETTY IMAGES

MULBERRY

Go-to heritage brand Mulberry looked to the fitting surroundings of the countryside and the traditional British pursuits of shooting, fishing and hunting. The colour palette was autumnal and quaintly English in soft grey, russet and shades of purple — all very practical for a country jaunt. Quilted jackets, macs and shearling sheepskin gilets were nonchalantly thrown over anything and everything from silk blouses, culottes and wool trousers through to eveningwear — it's a style that the posh set do so well.

● RICHARD PECKETT



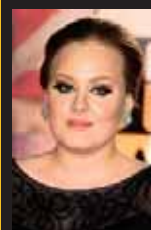
GETTY IMAGES

ALICE TEMPERLEY

Back in London after a two-year stint in New York and celebrating her 10-year anniversary, Alice Temperley transformed the British Museum into the "Temple of Temperley." Models made a sweeping entrance as they showcased the dramatic and decorative inspiration of the collection, the unraveling Venetian fans. Based on a nude palette of cream, champagne and mink, day wear focused on intricately stitched full skirts and silk twill dresses brought to life with bold digital prints. Understated tones of cinnamon, gold specks and Venetian red gave off just the right amount of sparkle.

● ROMINA MCGUINNESS

The inescapable Adele



Fashion month is turning into a game of count the Adele songs. We heard her single Rolling in the Deep, playing at Cynthia Rowley, Costello Tagliapietra and Charlotte Ronson in New York. And her voice surfaced again at Burberry Prorsum in London — this time it was the unreleased track Someone Like You.

We've rounded up some of the most memorable songs we've heard at the London collections so far:

Christopher Kane - Reviewing the Situation, by Sandie Shaw

Mulberry - Animal, by Miki Snow

Vivienne Westwood - Ventriloquizing, by Fujiya, Miyagi

Burberry Prorsum - You Don't Own Me, Dusty Springfield

● METRO



Vogue editor, museum curators pay tribute to McQueen at London Fashion Week

Love your locks!

THE KIT

Wheat Market

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tect, repair and condition the cortex of the hair — not to mention cover all the greys. \$10, shoppers-drugmart.ca

Short Cut

Want to test out a posh

bowl

haircut before you commit? The Hair MakeOver iPhone App lets you upload a picture of yourself, then try on each of the 250-plus hairstyles in less than a minute. \$1.99, hair-makeoverapp.com

Green Piece

Going green and still getting red-carpet-worthy hair can be a feat. This pair smells like cucumbers and

leaves your hair feeling super-clean and ready for styling. J.R. Watkins Daily Shampoo and Conditioner in Aloe & Green Tea. \$13 each, jr-watkins.com.

Ask For It!

"A scalp massage stimulates blood circulation, which helps hair growth and releases the natural oils from the scalp to the hair." — John



Donato, owner of Donato Salon + Spa locations in Ontario, which offers scalp massage as part of any hair service.

THE KIT is an amazing new digital beauty magazine offering great tips to help you look and feel your best. Subscribe for FREE at thekit.ca.

Home show to hit the Halifax Forum

When it comes to building and renovating there are so many decisions that need to be made before you actually begin.

The Nova Scotia Home Builders' Association (NSHBA) wants to help make these decisions as easy as possible for you by inviting you to attend the 12th annual Real Home Show that is taking place March 4 to 6 at the Halifax Forum Complex.

The show will include exhibits and displays in home decor, trends, new styles and everything you will need for your new home or renovation project, including professional contractors.

"Having the information to help you with your upcoming project all in one location makes it easier for people to see what options are available," says Paul Pettipas, NSHBA chief executive officer. "Whether you are just thinking about the potential of a project or nearing completion, there is something for everyone

More info.

► For more information about Real Home Show 2011 phone 450-5554.

at this year's show."

The Real Home Show 2011 includes everything from windows to siding, land to building plans, heating options to kitchens, design services, seminars, green options, and builders, renovators and industry professionals who can help answer your new home or renovation questions.

The Real Home Show 2011 is produced by the Nova Scotia Home Builders' Association and sponsored by Bell Aliant, Nova Scotia Power Inc., Revolve, R-2000, EnerGuide for New Houses, Breakfast Television, Nova Scotia Oil Heat, Capstone Building Products, Nova Scotia Construction Safety Association, Hamachi House, Harvest Wines, RBC, Craftmade Kitchen and C100.

SHERY DONOVAN, NSHBA

► Sofas are very important to the living room, yet so many people end up choosing the wrong one

Ruling the room

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

The sofa is arguably the most important

piece of furniture in the living room — one that most people get wrong when choosing style, size and fabric.

The first thing you must decide is how you are going to use your sofa. Will the sofa be used for entertaining with cocktails, slumbering to watch television or used as an occasional bed for overnight guests?

All of these questions help to define a style that best suits the way you will live with your sofa.

The biggest mistake that people make when buying a sofa is that they buy the wrong size/scale for the space they are putting it in.

"The rule" for purchasing a sofa is that it should be no longer than two-thirds of the width of the room.

This means that if you have a 10-foot by 20-foot room, the sofa should be no larger than two-thirds of 10 feet (6-foot-4 inches).

By making sure the sofa fits along both walls (the "width" wall and the "length" wall), you'll be



► When choosing a sofa, ask yourself what its primary use will be. This one looks perfect for lying down on in front of the TV.

able to move your furniture around more easily.

The "two-thirds rule" also ensures that you will have space for end tables alongside your sofa.

I suggest rather than purchasing a sectional style sofa, invest in two sofas — sectionals typically only fit in one area of a room, whereas two sofas will give you optimum flexibility to move your furniture around.

If you need lots of seating on a smaller sized sofa then avoid sofas with large, bulky arms.

These arms take up space that could be used for seating.

Tight-back sofas are the most space-efficient, as opposed to deeper sofas, which take up extra space because of their large cushions.

If you are trying to make your living room look large-

SUBMITTED

er, consider purchasing a sofa that is set up in such a way so that you can see underneath it when it is in your living room.

An exposed decorative leg style might be better than a skirted base.

The ability to see under the sofa will seemingly elongate the room.

If there is a need to have a sleeper sofa, then keep in mind that they are always much deeper in size.

The extra depth is used to contain the pull-out mechanisms.

Also consider adding an electric blow up mattress on top of the pull out. This is an inexpensive way to give your guests an incredibly comfortable night's sleep.

When choosing upholstery fabrics for your sofa, ask yourself this question: Is this the fabric I want to look at for the next 10 years?



► The Fleur Sofa is the perfect-scaled sofa, versatile in its traditional or modern look. Available at sears.ca



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Get the look of Venetian plaster

► Here's a step-by-step guide on how to get an old-world look that will be the envy of all your friends ► It's an easy project that you can do yourself

DIY IDEAS

Venetian plaster is a highly durable faux finish that resembles polished marble and has a look of luxury envied by royalty, but achievable by any do-it-yourselfer.

DIY Network Canada's House Crashers (airing Wednesdays at 9 p.m. ET/PT and 9:30 p.m. ET/PT) offers a step-by-step guide to the art of Venetian plastering.

Step 1: Prepare the wall

If your walls have a high-gloss finish, sand them

lightly with fine-grit sandpaper to dull the finish.

Vacuum the dust and then, using warm water and soap, wipe down every inch of the area you wish to plaster.

Step 2: First coat

To apply the plaster, use a trowel hand tool. Holding the trowel at a 20- to 30-degree angle, put a small amount of plaster on the wall and spread it around in a wide, circular motion.

Continuing with the same application method, cover the entire wall with a thin coating. Wipe the trowel clean every few minutes to ensure dried

pieces of plaster don't scratch the wall.

Step 3: Wait it out

Allow the first coat of plaster to dry for at least four hours, or until the plaster has lightened from its original hue.

Step 4: Second coat

To apply the second coat, hold the trowel at a 90-degree angle and, instead of big sweeping movements, make smaller circles.

Apply more pressure with the trowel to achieve a smoother finish. Fill in any missed areas and allow the coat to dry for at least an hour.

Step 5: Add the shine

Using steel wool, rub the plaster to give it a shine. Keep an even pressure to assure that the gloss is evenly distributed.

Use a moist cloth to wipe down the entire wall to get rid of dust and other plaster particles.

Step 6: The finishing touch

Apply a thin layer of Venetian plaster acrylic top coat with the trowel. Burnish the top coat using the steel wool and wipe the surface down with a dry cloth.

HOUSE CRASHERS AIRS WEDNESDAYS AT 9 P.M. ET/PT AND 9:30 P.M. ET/PT ON DIY NETWORK CANADA.



► Venetian plaster treatments, like the two pictured here, can help make any wall in your home look unique.

Homes magazines get a facelift

Luxury home magazines that provide readers with a peek inside some of the swankiest, most interesting abodes around the world are getting a freshening up — from new editors to new approaches to technology.

The venerable Architectural Digest, which slipped from its position as ad-page leader in recent years, has a new editor. Elle Decor, defending its position at the top of the heap, has witty new columns and vibrant features. Traditional Home has a new publisher and launched a digital version called TradHome. The list goes on.

Part of this is coincidence, part of it necessity: Architectural Digest stole editor Margaret Russell from Elle Decor.

But the economy had a



AP PHOTO/ARCHITECTURAL DIGEST

role. The magazines — like the rest of the publishing world and the country in general — took a hit when the economy tanked a few years ago. Advertising plunged, designers lost work and no one was buying anything, let alone a \$6 magazine advertising a \$2,200 pair of sheets.

Many magazines folded, from the upstart Domino

to Martha Stewart's Blueprint. The ones that emerged are sinewy and focused, aiming to stay squarely in the centre of the design dialogue.

"I feel it coming back," said Ann Maine, editor of Traditional Home. "I see it at trade shows — there is more attendance, more buying. I stand in a showroom to look at new products and across the room I see retailers placing orders. Work is picking up for designers."

Advertising is on the upswing, too. In 2010, Elle Decor had 1,121 pages of ads, up from 832 the year before. AD had 837, up from 791. House Beautiful was 710, up from 650, according to Mediabank Research Inc., a media research provider.

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A hint of Mardi Gras with a healthy twist

► These Creole-style red bean burritos use flavours of the Gulf Coast ► Replace the meat with vegetables

One of appealing things about a burrito is that a range of ingredients can be rolled into one package.

But other less desirable surprises also can lurk inside delicious burritos, especially all those extra fat and calories.

These Creole-style burritos, inspired by the flavours of the Gulf coast, take only about 35 minutes to make and are built with ingredients that make them a lot less fattening.

First off, they're vegetarian, eliminating one of the chief culprits behind gut-busting burritos — fatty meat fillings such as beef and pork.

Here, red beans and rice, a Louisiana favourite, bring the heft and some protein to the party. Vegetables make up the rest of this Mardi Gras-inspired wrap. Although this recipe calls for a frozen onion and red pepper stir-fry mix, you can cut up fresh

ones at home. A handful of baby spinach adds more colour and nutrients.

And of course, no burrito would be complete without some cheese. We've kept things light by blending full-flavoured, full-fat pepper jack cheese with some lower-calorie reduced-fat cheddar. Last but not least, we wrap everything up in a whole-wheat tortilla.

Preparation:

1 Heat oven to 180 C (350 F).

2 Cook beans and rice according to package directions, substituting broth for the water called for.

3 Meanwhile, in a small bowl, toss together both cheeses. Set aside.

4 In a large skillet over medium-high, combine pepper and onion mix with Cajun seasoning.

Cook, stirring often, until vegetables are dry, about 5 minutes. Set aside.

5 Sprinkle 50 ml (1/4 cup) of the cheese blend over each tortilla; there will be about 125 ml (1/2 cup) remaining.

6 Spoon about 75 ml (1/3 cup) of the rice and beans over the bottom two-thirds of each tortilla. Spread about 75 ml (1/3 cup) of the pepper-onion mix over the rice. Pile some of the baby spinach on top of the peppers. Fold in 2 sides of each tortilla and roll up. Arrange burritos, seam side down, in a baking dish. Top each with salsa and some of the remaining cheese.

7 Bake burritos for 15 to 20 minutes or until heated through and cheese is melted.

THE ASSOCIATED PRESS

Ingredients:

- 1 pkg (250 g/8 oz) red beans and rice mix
- 750 ml (3 cups) low-sodium chicken broth
- 250 ml (1 cup) grated pepper jack cheese

- 250 ml (1 cup) grated reduced-fat cheddar cheese
- 1 pkg (500 g/1 lb) pepper and onion stir-fry mix, thawed
- 2 ml (1/2 tsp) Cajun

- seasoning
- 6 burrito-size whole-grain tortillas
- 500 ml (2 cups) fresh baby spinach
- 175 ml (3/4 cup) salsa



► These burritos skip the meat in favour of red beans and vegetables.

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- 3 Avril Lavigne - What The Hell
- 2 Lady Gaga - Born This Way
- 1 Britney Spears - Hold It Against Me

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Turkey with Praline Sauce

EMILY RICHARDS
FOOD@METRONews.CA

If winter meals appear dreary and in need of a lift, this tasty recipe for nut-crusted turkey cutlets with praline sauce will be just the ticket.

Ingredients:

- 3/4 cups (175 mL) dry breadcrumbs
- 1/2 cup (125 mL) finely chopped pecans
- 2 tbsp (30 mL) finely chopped fresh sage
- 1/2 tsp (2 mL) hot pepper flakes (optional)
- 1/4 tsp (1 mL) each salt and pepper
- 1/2 cup (125 mL) all-purpose flour
- 2 eggs, beaten
- 1 tbsp (15 mL) cold water
- 1 1/2 lb (750 g) turkey cutlets

Praline Sauce

- 1 cup (250 mL) packed brown sugar
- 3/4 cup (175 mL) water
- 1/4 cup (50 mL) butter
- 1/4 cup (50 mL) liquid honey
- 1 tsp (5 mL) hot pepper flakes or hot pepper sauce
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) pecan halves, toasted

sage, hot pepper flakes, if using, salt and pepper; set aside.

2 Place all-purpose flour on a plate and place eggs and water in a shallow bowl. Dredge each cutlet in flour, shaking off excess. Dip into egg mixture, coating both sides well. Coat both sides of cutlet in breadcrumb mix.

3 Place cutlets on an oiled baking sheet and bake in centre of 350 F (180 C) oven for 30 minutes or until lightly browned and cooked through. Set aside.

4 Praline Sauce: Meanwhile, in heavy-bottomed saucepan combine sugar, water, butter and honey. Bring to a gentle boil over medium heat, stirring frequently until thickened. Stir in hot pepper flakes, salt and pecan halves. Let cool for about 10 minutes then spoon over cutlets and serve.

WITH FILES FROM THE CANADIAN PRESS/ONTARIO TURKEY FARMERS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMLYRICHARDSCOOKS.CA.

Preparation:

1 In large bowl, combine breadcrumbs, pecans,

Mayflower rink building momentum

Heather Smith-Dacey's Mayflower rink went 2-0 and put themselves in position for the playoffs at the Scotties Tournament of Hearts yesterday.

They handed Amber Holland's Saskatchewan team its first loss of the tournament, winning 7-4 in the afternoon draw.

At 8-1, Saskatchewan is still atop the leaderboard heading into the last day of the preliminaries.

The Nova Scotians (6-3) also won 11-3 against New-

foundland and Labrador last night and sit in a four-way tie with Ontario's Rachel Homan, Alberta's Shannon Kleibrink and Team Canada's Jennifer Jones.

Jones lost to former teammate Cathy Overton-Clapham of Manitoba 8-6 last night.

"I just wanted to play well," said Overton-Clapham. "I guess you could say I looked at it as being my final because I'm not going to be in the final."

After winning four Canadian championships and a world title with Overton-Clapham at third, Jones abruptly fired her vice last year.

Manitoba entered with six losses and no chance of reaching the playoffs, but the Charlottetown crowd was behind the team.

The top four teams by the end of today advance to the Page playoffs and ties for fourth will be solved by tiebreaker games Friday.

THE CANADIAN PRESS



► Heather Smith-Dacey, left, and Newfoundland and Labrador's Stacie Devereaux smile during their match last night.

Huskies and X-Men have score to settle



► Saint Mary's Huskies forward Colby Pridham celebrates a goal during last year's playoffs.

► X coming off quarter-final sweep of UPEI ► Huskies, coming off bye, haven't played since Feb. 12



If the St. Francis Xavier X-Men are looking to get revenge on the Saint Mary's Huskies, they're off to a good start.

The X-Men, who the Huskies dismantled in three straight in last year's Atlantic University Sport men's hockey finals, have come back with gusto in a four-game regular-season sweep of the defending national champions.

With the AUS semifinals set to begin Saturday in Antigonish, the Huskies are up against an opponent that has their number.

"We ended their season not how they wanted it to end last year, but aside from having a bad taste in their mouths, I just think they're a great hockey team," said Huskies forward Colby Pridham, last year's playoff

"We're happy with how our year panned out. I thought we did a great job in the regular season."

HUSKIES FORWARD COLBY PRIDHAM

MVP. "It's going to be a great challenge."

The Huskies had big adjustments to make this season with the departures of Marc Rancourt and Cody Thornton, but still managed to clinch a bye to the semifinals after a second-place 18-9-1 campaign, just two points ahead of St. F.X.

The Huskies have been to three straight AUS finals and have won back-to-back championships, establishing a reputation as a playoff team.

"We try to play hard, physical, playoff-style hockey — that's been our story here the past few years," said Pridham, a former Hal-

ifax Mooseheads standout. "When the playoffs come around, everyone buys in and plays that style of game at both ends of the rink."

Pridham said it's been a team effort to fill the skates of Rancourt and Thornton, and the Huskies have won five straight games heading into the post-season. But the stakes are higher now.

"I know we have the guns to do it," Pridham said. "It's just a matter of doing it when it counts."

Upcoming games

- After Game 1 on Saturday in Antigonish, the Huskies host the X-Men at the Forum on Sunday and Tuesday. All games are at 7 p.m.
- If Games 4 and 5 are necessary, they will be held on Sunday, March 6, in Antigonish, and Tuesday, March 8, at the Forum.

Haywood claims scoring record with game to spare

Joey Haywood blew past Atlantic University Sport's single-season men's basketball point record and didn't look back.

The Saint Mary's Huskies point guard poured in 30 points in a 95-74 victory over the Acadia Axemen in Wolfville, giving him 551 points on the season with one game remaining.

He's well past the mark of Acadia alumnus Ted Upshaw, whose 524-point

benchmark in 1980-81 has stood for 30 years.

Haywood, a Vancouver native in his fourth year of eligibility, leads Canadian Interuniversity Sport in scoring, averaging 29 points per game.

Perhaps more importantly, the win moves the Huskies, 7-12 and tied for fourth with the UNB Varsity Reds, closer to a playoff spot.

Harry Enezibe helped

with 20 points and 11 rebounds and Jerome Smith added 16 points.

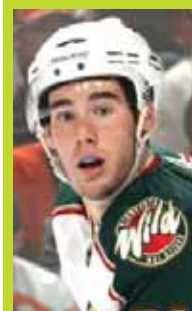
The Huskies wrap up the regular season Saturday against Dalhousie at Dalplex.

In women's play last night, Justine Colley piled in 27 points and Susanne Canvin added 23 but the Huskies lost 81-75 to the Axewomen. Saint Mary's, 8-11, has already clinched a playoff spot. ● MATTHEW WUEST



4
sports

Quoted



Lower Sackville's James Sheppard has practised for the first time with the Minnesota Wild since breaking his kneecap in an all-terrain vehicle accident before training camp. The fourth-year NHLer is still described as "a way off" from returning, according to the Minnesota Star-Tribune.



Scan code for sports



► Manitoba's Adham Elmayergi throws down Nova Scotia's Julian Erskine in their 73-to-81-kilogram bronze-medal judo match at The Tower yesterday afternoon. Elmayergi won the match 10-0 to take home the bronze. Dylan Landry and Whitney Lohnes, top right, won golds in their weight classes yesterday.

Feit pulls out with sprain

An injury took judo medal hopeful Heidi Feit, 16, out of the competition yesterday.

"She sprained some ligaments in her elbow," said coach Scott Tanner. "She's crushed and she was a medal favourite here for sure."

It was also a disappointing day for Sean Isnor. The bronze match was so close, officials examined the replay for confirmation.

Kayla Dewhirst and Julian Erskine also lost bronze-medal matches in their weight classes.

"We came here to perform, that was our mandate, and results weren't really up front for us," Tanner said. "They all performed to their potential."

● JENNIFER TAPLIN

Golden pair tops in judo

► Landry, Lohnes boost Nova Scotia's medal count to four ► Five Nova Scotians make semis in front of sellout



JENNIFER TAPLIN
@METRONEWS.CA

Winning gold at the Canada Winter Games was "incredible" for two Nova Scotians.

Dylan Landry of Louisdale, Richmond Co., and Whitney Lohnes of Bridgewater won gold medals in judo last night as The Tower at Saint Mary's University erupted in cheers after each winning bout. In tears, Landry and Lohnes were enveloped by friends, family and fans.

"It's an amazing feeling. I don't think I have words to describe it," said Lohnes,

who beat Manitoba's Lorena Kaegi in the women's under-48 kilogram final.

Landry, who won the men's under-60 kilogram division with a win over Saskatchewan's Warren Seib, had just one word: "Indescribable."

Besides her gold medal, Lohnes sported a split lip, red eye and previously injured toe. She was the favourite leading up to the Games and she said she felt a lot of pressure.

"But the last two days talking with my coach we went over (that) it's not about the results, just go in there, have fun and it's step by step and we'll take it as

it goes."

For Landry, it was all about applying patience instead of trying to end the bout quickly. He said he tried to block out the deafening and distracting crowd, but Lohnes said she used it to her advantage.

"I wanted to feel it and be happy I'm here in the gold-medal match," she said.

And the pressure isn't over for Lohnes just yet — she's set to carry the flag for Nova Scotia in Sunday's closing ceremonies.

"So many people have been joking that I'll trip and fall with it, so that's my big thing to keep in mind."

More Games

Yesterday's standouts



JENNIFER MAHONEY
Figure skating

The just-turned 14-year-old placed sixth in female pre-novice singles, scoring 48.03 points for the fifth best free skate last night.



LAUREN RICHARDSON
Alpine skiing

The Bedford native posted Nova Scotia's best finish on the hill, finishing 14th in giant slalom with a time of 2:09.1.



MATTHEW WEBB
Figure skating

Webb, from Tantallon, and his partner Jaimie Clarke, from Phippston, Ont., placed fifth in pre-novice dance.



BREANNA LANCELEVE
Women's hockey

The five-foot-seven forward from Middle Sackville scored twice in Nova Scotia's 12-1 win over the Yukon.

MEDAL RACE

Quebec appears headed for top spot yet again

As the Canada Winter Games wind down, Quebec has separated itself from the pack as it looks to claim its third straight medal crown.

Quebec is

comfortably No. 1 with 90 total medals, including leads in all three colours, with 32 gold, 30 silver and 28 bronze.

Quebec edged out Ontario for the most medals at the 2007 and 2003 Games, while Ontario took top honours in 1999.

Ontario sits second again, with 64 total medals, including 25 gold. British Columbia, with 58 medals, and Alberta, with 54, round out the top four.

● METRO

Medal standings

	G	S	B	Tot.		G	S	B	Tot.
PROVINCES					N.B.	1	4	5	10
QUEBEC	32	30	28	90	N.L.	0	1	4	5
ONTARIO	25	21	18	64	NOVA SCOTIA	3	0	1	4
B.C.	20	19	19	58	YUKON	3	0	1	4
ALBERTA	15	15	24	54	P.E.I.	1	0	0	1
SASK.	4	5	4	13	N.W.T.	0	0	0	0
MAN.	3	4	6	13	NUNAVUT	0	0	0	0

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N.S. thumps Yukon

Nova Scotia has a date with Ontario in today's women's hockey quarter-finals at the Canada Winter Games after demolishing Yukon 12-1 last night at the Metro Centre.

Breanna Lanceleve and Kara Power scored two goals apiece as Nova Scotia wrapped up the preliminary round third in its pool with a 2-2 record. Blayne Turnbull, Erin MacIsaac and Lisa MacLean had three-point games with a goal and two assists apiece.

They outshot winless Yukon 58-1 but Dana van Vilet scored with two seconds remaining to break Kayla Findlay's shutout.

It was Yukon's first goal of the Games, as it was outscored 65-1 and finished the preliminary round 0-4.

Nova Scotia plays Ontario, the four-time defending gold-medallists, at 7:30 p.m. at the Sportsplex.

● METRO

Curlers look to equal 1987 finish

Nova Scotia won't win a curling medal at the Canada Winter Games, but it does have a chance for its best men's finish since 1987.

Robert Mayhew's Lakeshore rink defeated Quebec 4-2 at the Mayflower Curling Club yesterday to improve to 2-2.

With another win today against the Northwest Territories, Nova Scotia will finish third in its pool and earn a berth in Friday's fifth-place game.

Nova Scotia's best finish is sixth since Paul Flemming took silver in Sydney in 1987.

● METRO

Taylor joins podium-bound Bluenosers

► **Boxing**

► Taylor has bout in tonight's semifinals at 7 p.m.



MATTHEW WUEST
@METRONEWS.CA

Cyrus Taylor guaranteed himself a Canada Winter Games boxing medal last night.

The Middleton native defeated Daniel Austin Lambert of Kelowna, B.C., in the 69-kilogram class at 2:38 of the first round last night at the Forum, giving the province a guarantee of at least four boxing medals.

Taylor will compete in tonight's semifinals starting at 7 p.m. at the Forum along with North Preston's Jason Downey, Sackville's



► Cyrus Taylor

Taylor Gordon and Kentville's Matt Whitford.

All semifinalists are awarded medals, with bronze medals going to the two who do not advance to the gold-medal bout.

Downey, who won his

quarter-final bout on Tuesday, faces Bradley Wilcox of Hamilton, Ont., in the 52-kilogram class, while Gordon, who has already won back-to-back fights, goes up against Quebec's Jordan Goulet in a 64-kilogram tilt.

Whitford had an automatic spot in the semifinals as one of five entries in the 91-kilogram class, with luck of the draw allowing him to avoid the single preliminary bout. He faces Quebec's Richard Horth.

Nova Scotia also won four boxing medals at the 2007 Games in Whitehorse.

On. Target



► Coldbrook's Nicole Poirier competes for Team Nova Scotia in the recurve archery event at the Canada Winter Games in Lower Sackville yesterday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Events to watch

Today's highlights



ALPINE SKIING

Ski Wentworth

The super-combined female and male events are being held at 10 a.m. and 1:30 p.m.



BADMINTON

Canada Games Centre

Nova Scotia faces Quebec at 9 a.m. in mixed team competition.



BOXING

Halifax Forum

Nova Scotia could advance four athletes to the gold-medal bouts with semifinal tilts starting at 7 p.m.



CROSS-COUNTRY SKIING

Ski Martock

The 15-kilometre men's event starts at 10:45 a.m. and the 10-kilometre women's event gets underway at noon.



HOCKEY

Dartmouth Sportsplex

Nova Scotia has its hands full in the quarter-finals with four-time defending gold-medal list Ontario at 7:30 p.m.



JUDO

Saint Mary's University

Preliminary action gets underway at 1 p.m., with the medal events kicking off at 4 p.m.



SNOWBOARDING

Ski Martock

Qualification for men's and women's halfpipe starts at 8:30 a.m., while the finals are set to begin at 2:45 p.m.



FIGURE SKATING

St. Margaret's Centre

Dartmouth's Tia Dolliver goes for her second career Canada Games medal in Special Olympics Level III female singles at 3:15 p.m. Novice competitions in pairs and female singles start at noon, while dance and male singles get underway starting at 7:05 p.m.

Other events

- Archery at Sackville High School starting at 9:30 a.m.
- Table tennis at Citadel High School with quarter-finals at 3 and 5 p.m.



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KEVIN C. COX/GETTY IMAGES



► Deron Williams has been traded to the Nets.

After missing Melo, Nets add Deron Williams

► Plenty of action on day before NBA trade deadline

The New Jersey Nets finally landed a big-name all-star on a wild day before the trading deadline that left several NBA teams with hard-to-recognize rosters.

The Jazz sent point guard Deron Williams to New Jersey, which stole some attention from the neighbouring Knicks yesterday with Carmelo Anthony making his New York debut that night. Utah received rookie Derrick Favors and point guard Devin Harris.

The Nets also picked up Brandon Wright and Dan Gadzuric from the Golden State Warriors for Troy Murphy, a move that could help New Jersey

clear salary space at the end of the season.

The struggling Atlanta Hawks acquired guard Kirk Hinrich from Washington in a five-player trade, upgrading their backcourt for the playoff run. The Hawks also received forward Hilton Armstrong for guard Mike Bibby, rookie guard Jordan Crawford, swingman Maurice Evans and a first-round pick in this year's draft.

The Hornets and Kings agreed on a trade sending forward Carl Landry to New Orleans in exchange for shooting guard Marcus Thornton and cash. The deal gives the playoff-contending Hornets

depth in the frontcourt, but at the cost of a popular former LSU star who can score in a flurry.

The Jazz also will receive the Nets' first-round pick in 2011, which could be a lottery pick, along with cash and Golden State's 2012 first-round draft pick.

The Nets hope Williams will sign a contract extension, which they can offer this summer. If so, he would become the face of their franchise when they move to Brooklyn in 2012.

The deal came two days after the Nets failed to land Anthony from the Denver Nuggets.

THE ASSOCIATED PRESS

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PLEASE CONTACT:
ROBIN INDEPENDENT TOCARA CONSULTANT
902-448-0897
robinnest33@hotmail.com

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metroclassifieds.ca
1 800 527-6767

Models Wanted
Bride and Groom Canada seeking ages 18-40 men & women, 3-12 children for photoshoot 1-855-Cast-R-US

Skilled and Technical Help


Refrigeration Apprentice
Marine Containers
Peter 902-476-0569

AUTOMOTIVE


Cars & Trucks for Sale



2004 Mustang Convertible
6cyl. loaded, cloth
87,000km
\$12,985 or \$163 b/w oac.
Motormart - 407-4200

2006 Pontiac G5
57,450
52,925 kms
\$2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3550



2006 Toyota Rav 4
6cyl. loaded, cloth, 4x4
92,000km
\$15,985 or \$163 b/w oac.
Motormart - 407-4200



2007 Cadillac CTS
6cyl. auto, loaded, leather, sunroof
53,000km
\$20,985 or \$182 b/w oac.
Motormart - 407-4200

Cars & Trucks for Sale



2007 Jeep Compass
4x4
4cyl. Auto, A/C, cloth
35,000km
\$14,985 or \$131 b/w oac.
Motormart - 407-4200



2007 Mini Cooper
4cyl. Turbo, leather, sunroof
89,000km
\$18,985 or \$165 b/w oac.
Motormart - 407-4200



2008 BMW 128i
5 speed, loaded, leather, sunroof
56,000km
\$26,985 or \$233 b/w oac.
Motormart - 407-4200



2008 BMW 530i
6cyl. loaded, leather, roof
49,000km
\$30,985 or \$268 b/w oac.
Motormart - 407-4200




2008 BMW 5 Series 528 Xi
43,858 kms
\$37,950
\$2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3250



2008 Chevrolet Cobalt
\$9,950
55,128 Km
\$2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3250



2008 Dodge Dakota
\$22,950.00
22,951 Km
\$2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3250



2008 Ford Edge
74,497 kms
\$26,950.00
\$2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3250



2008 Ford F-250 FX4
Diesel, Loaded, leather, Sunroof
4x4, 96,000km
\$38,985 or \$336 b/w oac.
Motormart - 407-4200



2010 Chevrolet Camaro
6cyl. Loaded, leather
27,000km
\$26,985 or \$205 b/w oac.
motormart.com



2010 Ford Raptor
8cyl. loaded
leather, sunroof, 4x4, 40,000km
\$43,985 or \$332 b/w oac.
Motormart - 407-4200

Cars & Trucks for Sale

FOR SALE

Ford F-250, 2003 Super Duty Lariat Style. C/W p/L, CC and many other options. This is a Florida Truck. It has 119,000 Miles (190,400Kms) Asking \$12,000 OBO To view Call 902-465-5360 Ext 3

REAL ESTATE

Commercial Real Estate

HRM - Hammonds Plains - Approximately 1000 square feet, Office space with a warehouse. Location Blue Water Road. 902-465-1446 or 902-835-2514

Prime Warehouse and Office Space available in Dartmouth contact 830-0062

RENTALS

Apartments Unfurnished

Bayers Park II
1 & 2 bedroom apartments
NEAR BAYERS ROAD & HALIFAX SHOPPING CENTRES. Including heat, hot water, balconies & parking. No security deposit for seniors. Call 830-1859.

Ocean Breeze Estates
Spacious Town Houses & Apartments - 3 & 4 bedroom townhouses/apartments in a community park setting. Including large units, playgrounds, pet friendly, on bus route and close to shopping. Just a great neighborhood for families located in Dartmouth. Call 430-6624.

Paramount Apartments
1, 2 & 3 bedroom LUXURY UNITS LOCATED DOWNTOWN HALIFAX. Including heat, hot water, 5 appliances, indoor parking available, 24 hour concierge, gym, link to Park Lane & spectacular views of Public Gardens. Call 221-3876

Westfield Apartments
Excellent Clayton Park location! 1 & 2 bedroom apartments in a quiet neighborhood. Close to shopping, library, sport facilities, movie theatres. Including heat, hot water, parking. Call 830-3706

MERCHANDISE

Antiques & Art

Buying Jewelry and Antiques

Antique specialist buying old and antique jewelry such as old costume jewelry, rhinestone brooches, glass beads, gold charm bracelets, cameos, gold ring, diamonds, even broken gold, sterling, old watches etc. etc. 20 years experience buying jewelry. Also antiques such as sterling, furs, old toys, dolls, old bears, military, artwork, nautical, ginger beer and antiques of all kinds.

Call 443-6014

Merchandise for Sale

20' and 40' Long Steel Storage Containers
Call Peter
902-476-0569

PORTABLE GE DISHWASHER
Room size, excellent condition, 5 years old, white with grey laminate top
\$150.00 - 902-477-3452

ROLEX FOR SALE:

Ladies two tone gold and titanium Rolex. Waterproof. Only 3 years old. Purchased for \$6500 selling for **\$3500.** Call 440 8497

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We use a lightbulb! With no flame, soot, or wick, the Scentry Wickless candle system is a safe way to enjoy more than 80 Scentry fragrances. Booking parties now. Visit my website today at 902-471-7797
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PERSONALS

Personals

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HOUSEHOLD SERVICES

General Services

Moving? Downsizing? Clearing an Estate?
I am interested in buying vintage and antique items of every kind. I am a specialist in old/antique costume and gold jewellery, dolls, old bears, toys and artwork. Also interested in artwork, nautical, hooked items, furs, sterling items, and many other items. I am experienced and reputable and I can make house calls. Save this ad!
Call 443-6014.

Movers

1 Man with a 16 Foot Cube Van for Hire

Cube van for local pick up and delivery of whatever you may have. 13 years delivering in the HRM. WCB insured and criminal background check available upon request. Phone Dave 830-2121. Anytime 7 days a week.

Trades

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Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

ANNOUNCEMENTS

Weddings

Passion Parties
Host a Passion Party for the bride to be. Earn free products as gifts for the bride. Serving the Halifax Regional Municipality. Contact 902-405-0261

Community Events

Bluenose Fundraising Presents:
Healthy Smiles Toothbrush Fundraiser
visit www.healthysmilesfundraiser.ca
479-2257

Dartmouth Minor Football Association

Spring Football - Varsity & Jr. Varsity Registration, Saturday March 5th from 12 pm - 2 pm, Cole Harbour Place - Harbour Room - 51 Forest Hills Parkway, Dartmouth. DMFA provides a quality tackle football program in Dartmouth and surrounding areas. We proudly offer teams for players aged 7 to 20 and boast multiple championships. For further information please check out our website www.dartmouthdestroyers.ca.

Spiritual

Pilgrimage to the 3 major shrines in Quebec, Ste. Anne de Beaupre, Notre-Dame-du-Cap and St. Joseph. From June 18-25 at a cost of \$655.00 includes transportation, motels, and 11 meals. Downpayment of \$125.00 by March 18th and the remainder May 18th. For info contact Juanita Bates at 902-466-0625 or Michael Shaw at 902-454-6074.

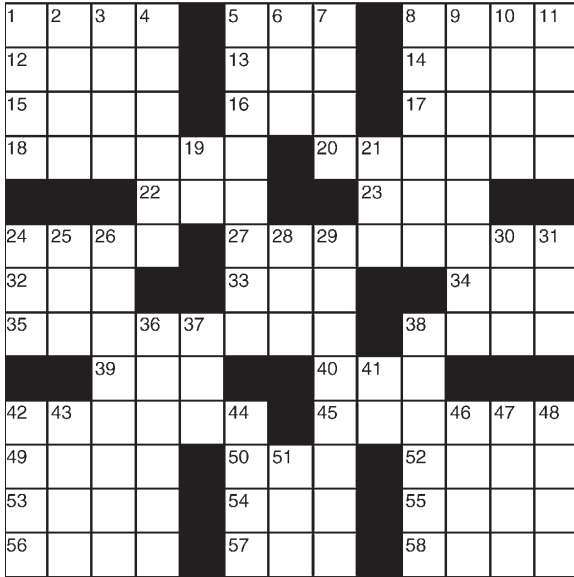
Amy & Matt are shackin' up

Follow their story at **metroclassifieds.ca**
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Crossword

Across

1 Frisbee, e.g.
5 Dance syllable
8 Somewhere out there
12 Busy with
13 "— Town"
14 Acrimony
15 Cicatrix
16 Ran into
17 "Yeah, right!"
18 Victorian vehicle
20 America's Cup entries
22 — out a living
23 18-Across, e.g.
24 Cardholder's woe
27 Drought-stricken region
32 In olden times
33 Category
34 Court
35 Gridiron event
38 Bend
39 Actor Chaney
40 Writer Buscaglia
42 Confine
45 Sign up
49 Invitation abbr.
50 Stern-ward
52 Lavish affection (on)
53 Sheltered
54 Bill and —
55 Rams' mates
56 Information
57 Barbie's companion
58 Engrossed



3 Ollie's partner
4 Old-style foundation
5 — dell'arte
6 Shade
7 Bohemian
8 1981 Genesis album
9 No-privacy situation
10 Settled down
11 "Zebras"
19 Fine
21 Performance
24 Slight touch
25 "I" strain?
26 Impress
28 Einstein's birthplace

29 Framework
30 Travail
31 Bagel topper
36 Cut off
37 Wildebeest
38 Dossier
41 Type measure
42 Animal stomach
43 Scandinavian city
44 Prepare to travel
46 "The Music Man" locale
47 Dance lesson
48 Criterion
51 Adversary

► Yesterday's answer



Down

1 Plate
2 Erstwhile Peruvian

Today's horoscope

♈ Aries March 21-April 20 Be honest with yourself about the way a relationship is developing — or not. It's not your fault if it doesn't work out. It's not anyone's fault. Put it down to experience, and move on.

♉ Taurus April 21-May 21 Friends and work colleagues will be impressed by your ability to stay calm when everyone else seems to be losing their cool. You don't have to raise your voice to be heard.

♊ Gemini May 22-June 21 Don't back down if someone in authority gives you a hard time today. Stay calm but at the same time, give as good as you get. There's nothing he or she can do to hurt you. Let him or her know you're not afraid.

♋ Cancer June 22-July 22 What happens today will remind you that there purpose to your life. Others can choose to believe that nothing really matters if they wish, but you know it isn't true.

♌ Leo July 23-Aug. 23 Keep your money in your pocket today. If you are not very careful, you will be shocked how easy it is to waste your hard-earned cash on things you don't really need. Be as thrifty as you can.

♍ Virgo Aug. 24-Sept. 22 Don't worry too much if you exchange some less than kind words with a partner or relative today because it's no big deal. Everyone falls out once in a while, even those who love one another.

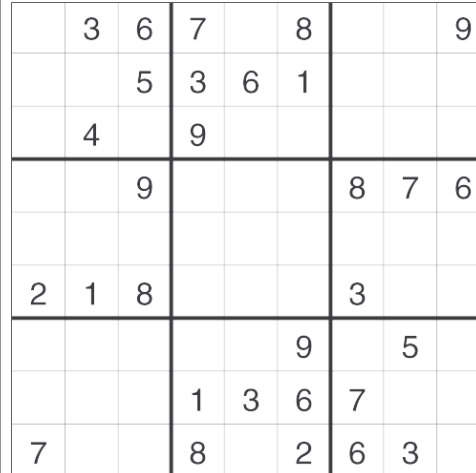
For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Stick to the facts today. If you exaggerate, your rivals will find out and make a big deal of it. Why would you want to make yourself look more important anyway? You're perfect as you are.

♏ Scorpio Oct. 24-Nov. 22 You are full of energy and eager to get started on your latest world-beating project. But it might be a good idea to check the details again, in case there you've missed something.

♐ Sagittarius Nov. 23-Dec. 21 Be careful what you say today because your words will be taken seriously, perhaps more than you intend. Any promises you make will have to be honoured, even if you make them in jest.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



Today

-1°/-5°
Partly cloudy

Friday

3°/-13°
Rain and snow
90%

The Weather Network

Download WeatherEye to your smartphone.

TWN incorporates MSC data

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my Prince Charming Brian, you're the sparkle in my life, the video game geek that plays Mario with me, and my partner of 2 years now. I absolutely love you, even at 3am, when the alarm rings. You'll always be my convenient store boy and I, your video store girl. Je t'aime! LOVE, MEAGAN

Dear Ian. Happy bday! Hope it is a blast! Thanks god for bringing u into my world. Your presence makes my life more interesting. Love you! Xoxo. MEI

Dear Melissa C — your warm smile, twinkling eyes and heart felt laughter will be truly missed. Good luck at the new company. Feel free to leave your fuzzy creature stereo speaker. YOUR FRIEND

This goes to my Kaplan peeps for keeping things exciting. You make a day much more livable! <3 AJAX

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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8 TO
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FROM



ST #11RQ5122

2011 RAM SLT 1500 QUAD CAB 4X4

BIG HORN EDITION

- 5.7 V8 HEMI MDS VCT Engine
- 5 Speed Electronic Overdrive Multi-speed
- Automatic Trans with Lock-up
- Auto Locking Hub Control
- Aero-composite Halogen Fully Automatic Headlamps with Daytime Running Lights
- Seating Capacity of 6
- A/C, Underseat Ducts
- Satellite/Cd/MP3
- Cruise Control
- Power Front Windows
- U-connect Hands-free Communication
- Trailer Hitch
- Mud Guards

Additional Quad Cab Deals:

2011 RAM 1500 Quad Cab SLT • 11RQ1050 • Was \$41,045 **NOW \$30,577**
 2011 RAM 1500 Quad Cab Sport • 11RQ1520 • Was \$44,745 **NOW \$34,377**
 2011 RAM 1500 Quad Cab Laramie • 11RQ6381 • Was \$48,395 **NOW \$38,277**
 2011 RAM 1500 Reg Cab SLT • 11RQ3247 • Was \$36,770 **NOW \$29,577**

WAS \$42,590 **NOW \$30,900** OR **\$199** BI-WEEKLY

ONLY
6 LEFT



ST #11GC3221

2011 JEEP GRAND CHEROKEE LAREDO

- 26E Package
- 3.6L V6/290 HP
- 32 MPG Highway + 5000lb Towing Capacity
- 5 Speed Automatic Trans
- Quadra Trac Full Time 4WD
- 17" Aluminum Wheels
- Fog Lamps
- 8 Way Power Driver Seat
- Leather Wrap Steering Wheel with Audio Controls
- Keyless Entry
- Power Button Start

Additional Grand Cherokee Deals:

2011 GRAND CHEROKEE XPKG • 11GC1687 • Was \$45,170 **NOW \$42,677**
 2011 GRAND CHEROKEE 5.7L V8 XPJG • 11GC6108 • Was \$48,070 **NOW \$45,577**
 2011 GRAND CHEROKEE 3.6L V6 LMT • 11GC6380 • Was \$49,170 **NOW \$46,677**
 2011 GRAND CHEROKEE 5.7L V8 LMT • 11GC1868 • Was \$52,070 **NOW \$49,077**

WAS \$40,175 **NOW \$37,477** OR **\$279** BI-WEEKLY

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#1 TRUCK
SELECTION



ST #111RC0073

2011 RAM 1500 CREW CAB SPORT

- 5/7L V8 HEMI MDS VCT Engine
- 121L Fuel Tank
- Automatic Trans
- Rear Park Assist
- A/C with Dual Zone Control
- Touch Screen Stereo with Back-up Camera
- Remote Start
- Security Alarm
- Tailor Hitch
- 9 Amplified Speakers with Subwoofer

Additional Crew Cab Deals:

2011 1500 Crew Cab Outdoorsman • 11RC1191 • Was \$44,435 **NOW \$34,977**
 2011 1500 Crew Cab SLT Cloth • 11RC8859 • Was \$44,040 **NOW \$35,277**
 2011 1500 Crew Cab Sport Leather • 11RC3460 • Was \$50,270 **NOW \$41,477**
 2011 1500 Crew Cab Laramie • 11RC9879 • Was \$52,140 **NOW \$39,977**

WAS \$47,365 **NOW \$35,477** OR **\$267** BI-WEEKLY

Good Luck to NS at the Canada Winter Games!



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